



Thank you for choosing Wellness District Medical Weight Loss to help you with your weight management needs. We really look forward to meeting you.

Our address is **435 32<sup>nd</sup> Ave E in West Fargo, ND 58078**. Please visit our website at [www.fargowellnessdistrict.com](http://www.fargowellnessdistrict.com) for driving directions, information on what you can expect, and answers to the most commonly asked questions.

Here are a few things you should know and have ready for this first appointment:

- 1) **Be prepared to have your labs drawn** the day of your appointment. If you have a **copy of blood lab results done within the last three months**, please bring a copy to the office for your first appointment for evaluation and/or comparison. Do not eat or drink anything other than water or black coffee 8 hours prior to the appointment so we can draw “**fasting**” lab work. Non fasting labs may need to be repeated if significantly abnormal. If you are unable to fast before your appointment (due to an afternoon appointment or otherwise), please call the clinic prior to your appointment so that we may set up a lab draw appointment for you. This appointment only takes 5 minutes. In either case, **Please drink a minimum of 4 glasses of water prior to your lab appointment** so that you are fully **hydrated, which will make it easier to obtain your blood.**
- 2) **Please do not wear any type of lotion** or oil to this appointment in preparation for your **EKG**. If you had one done in the past 3 months, please **bring a copy of it**, but remember to still not wear the lotion in case it needs to be repeated.
- 3) Bring a **list of all medications and dosages with you.**
- 4) **Do not wear body suits, spanx, girdles or clothing that constricts tightly.** These clothing articles can affect the accuracy of your measurements and/or weighing process.
- 5) Remember that **payment is required on the day of service.** While we strive to be accurate in preliminary cost information, variances can occur as a result of your visit.
- 6) Due to having blood pressure taken and blood drawn, please wear **short sleeves and a loose top.**
- 7) **There are patient forms that will need to be filled out at your initial visit.** If you would like to fill them out beforehand, you may go to our website [www.fargomedicalweightloss.com/patient-forms](http://www.fargomedicalweightloss.com/patient-forms), download them, and bring them with you.

**Please allow approximately three hours for this first appointment.** Because of the length of time you will be here, please do not bring small children to this appointment.

**Please let us know at least 48 hours in advance if you need to cancel or reschedule your appointment.**

We look forward to meeting you and helping you to achieve your weight management goals.

Spencer D Berry, MD and the Staff at Wellness District Medical Weight Loss